

Taking Care: Suicide / Mental Health

Recognizing the things you can do daily to bolster your own mental health can help you and provide a good model for others to follow. We all have mental health, just like physical and emotional health, and it can be in good shape or need some help. Let's be sure to reduce taboo and stigma for ourselves and for those around us.

**Be the one to ask:
"Are you okay?"**

Know your stress level

Monitor your compassion fatigue, compassion satisfaction, and burnout on a routine basis with the [ProQOL-V self-assessment tool](#).



Never Give Up, You Matter

- ◇ [Support Your Mental Health](#)
- ◇ [Life is a Marathon, Not a Sprint](#)

Activity - Ask yourself "What do I need right now?"

Spend 2 minutes reflecting and asking yourself what you truly need in your life right now.

Write it down, call a friend. We all need help every once and a while.

Give yourself permission to ask for help, to take a step back, to ask others if they need help.

9 ways to boost your mental health as the pandemic continues

- ◇ Set a time limit for news
- ◇ Make small decisions daily
- ◇ Give yourself transition times during the day
- ◇ Write or talk out your feelings
- ◇ Connect to your senses
- ◇ Reach out to friends one-to-one
- ◇ Let yourself be sad about things like a missed family vacation
- ◇ Know when to seek help

Tips for Managing Stress and Anxiety During Covid-19

- ◇ Exercise/physical activity
- ◇ Getting outside for a little while each day
- ◇ Reading or other leisure activities
- ◇ Self-care activities such as mindfulness, yoga, religious activities, and relaxation exercises
- ◇ In-person socialization is nice if that is an option, but virtual counts too!
- ◇ Creative pursuits

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First Responder Mental Health: [10 things you need to know to save lives](#)

[Webinar Series - Trauma and the Pandemic](#)

[Talk Saves Lives](#)

If you're interested in more suicide and mental health resources, reach out to Kristina Morris.

National Suicide Prevention Hotline
1-800-273-8255